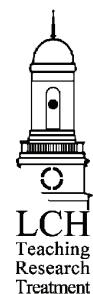


Larue D. Carter Memorial Hospital

The Carter Insider



Volume 5, Issue 2

February 2009

Remember!
LCH goes
tobacco-free on
March 30, 2009!

Inside this issue:

How Do I Manage Cultural Diversity?	2
Retirement Notification Shortened	2
LCH Potpourri	2
Registered Dietician Day/ Nutrition Month	3
Peanut Product Recall	3
Tobacco Facts continued	3
Smoking Cessation Programs	4

Tobacco Facts

Is cigarette smoking addictive? Yes. The nicotine in cigarette smoke is an addictive drug. In small amounts, it creates a pleasant feeling, making a person want more of the drug. Users become dependent and suffer withdrawal symptoms when they quit. And nicotine affects brain chemistry, which impacts a user's mood.

Is smoking really harmful? Yes. Cigarette smoke contains tar, which is made up of more than 4,000 chemicals, 60 of which are known to cause cancer. Other chemicals in cigarette smoke include acetylene (the fuel used in welding torches), ammonia, benzene, carbon monoxide, cyanide, formaldehyde, methanol (wood alcohol), and nitrogen dioxide.

Cigarette smokers have lower lung function than nonsmokers. Besides various cancers, smokers are more susceptible to chronic bronchitis, emphysema, and chronic obstructive pulmo-

nary disease (COPD). And smoking is a factor in heart disease.

What if I don't inhale? Even if smokers don't inhale, they are still breathing the smoke as second-hand smoke and are at risk for lung cancer. Pipe and cigar smokers, who often don't inhale, are at risk for lip, tongue, and mouth cancers.

Are menthol cigarettes safer? No. In fact, they may be more dangerous because smokers can inhale menthol cigarette smoke more deeply and hold the smoke inside longer than non-menthol smoke.

Is chewing tobacco safe? No. The big danger here are tobacco-specific nitrosamines (TSNAs), which have been identified as cancer-causing agents. The juice from smokeless tobacco is absorbed directly through the lining of the mouth, placing the user at risk for cancer of the mouth and throat.

Plus, these products usually contain more nicotine than cigarettes, making it even harder to quit.

I've been smoking for years. Can quitting really make a difference? Yes! It is never too late to quit. Within 20 minutes of smoking the last cigarette, the body begins to restore itself. Blood pressure drops to the level before the last cigarette and temperature in hands and feet returns to normal.

(continued on page 3)



Diversity Month a Success

Each February, **LCH's Diversity Committee** provides great activities for staff and patients. This February has been no exception. All month long we have been treated to activities such as **ethnic lunches and dinners** in the cafeteria and the annual **All Staff Pitch-in; presentations by Portia Jackson** (African American) and **Anna Fisher** (Native Ameri-

can) and a presentation on **disability awareness called "Attitude Is Everything."** Music was important, too. **Ian Thomas played the bagpipes and a cultural dance** was held. A few of the other activities included an **arts and crafts day, story telling (by our very own Val Tibbs), and a movie.** Diversity Month will wrap up on Friday, February

27 with a **Jeopardy Game** for both adult and youth with staff at 1:00 in the gym and a **dance** in the gym (youth with staff at 4:00 and adults with staff at 5:30). Our own **John Roth** will act as DJ.

A big thanks to everyone who participated—especially **Security, Vernell Martin, and Yolonda James!**

How Do I Manage Cultural Diversity? © culturoosity.com



Since everyone is the product of their own culture, we need to increase both self-awareness and cross-cultural awareness. There is no book of instructions to deal with cultural diversity, no recipe to follow. But certain attitudes help to bridge cultures.

1. **Admit that you don't know.** Knowing that we don't know everything, that a situation does not make sense, that our assumptions may be wrong is part of the process of becoming culturally aware.

2. **Suspend judgments.** Collect as much information as possible so you can describe the situation accurately before evaluating it.
3. **Empathy.** In order to understand another person, we need to try standing in his/her shoes. Through empathy we learn how other people would like to be treated by us.
4. **Systematically check your assumptions.** Ask your colleagues for feedback and constantly check your assumptions to make sure that you clearly understand the situation.
5. **Become comfortable with ambiguity.** The more complicated and uncertain life is, the more we tend to seek control. Assume that other people are as resourceful as we are and that their way will add to what we know.

Retirement Notification Period Shortened



Members applying for a retirement benefit from the Public Employees' Retirement Fund (PERF) can now do so **just 90 days in advance** of their retirement date rather than six months as previously requested. That cuts the notification period by half! This will allow members **more flexibility** in selecting a retirement date that better fits their retirement needs while still providing a smooth transition from their last pay check to their

first benefit payment.

PERF's customer service for those who are planning to retire includes the "**Bridge to Retirement**," a two-year process to help members plan a smooth and pleasant retirement experience. This planning process is important because there are many often overlooked issues that an employee needs to consider prior to retiring.

If you are considering retire-

ment, have any further questions, or if you need to set up a counseling session, call PERF toll-free at **(888) 526-1687**.

A PERF representative will be here at LCH on Wednesday, April 1, and Thursday, April 2, to provide individual counseling sessions. These sessions are by appointment only. To schedule an appointment, call **Kathy Scott at extension 4319**.

LCH Potpourri



**Mark Noonan,
February Employee of the
Month**

February's Employee of the Month is **Mark Noonan** (Security Officer). Mark's co-workers and supervisor heartily recommended Mark for this honor. Congratulations, Mark!

LCH welcomes: **Antionette Hampton** (Charge Nurse) and **Melissa Rigney** (Rehabilitation Therapy Director)

We say good-bye to: **Barbara McAfee** (Charge Nurse). Over the past few weeks, items

from two staff members' cars were stolen. In both cases, the cars had been left unlocked. Please make sure your vehicle is locked and any items that might be of interest to a thief are out of sight.

Security officers have increased their patrols, but they need you to do your part. Please report any suspicious activity to the security office at **941-4501** or **941-4406**.

Trivia Question: Who was the first African American

space shuttle commander? Be the first to call **Katie Johnson at extension 4400** with the correct answer, and win a prize.

A Deferred Compensation representative will be at LCH on Monday, March 9. She will be available to meet with employees from 11:00 am to 3:30 pm in the Human Resources conference room on a first-come-first-served basis.

Registered Dietician Day and National Nutrition Month

Wednesday, March 11, 2009, has been designated as the second annual **Registered Dietician Day**.

Registered Dietician Day was created by the American Dietetic Association to increase the awareness of Registered Dieticians as the indispensable providers of food and nutrition services and to recognize RDs for their commitment to helping people enjoy healthy lives. Registered Dieticians are the food and nutrition experts who translate the science of nutrition into practical solutions to

help individuals make unique, positive lifestyle changes. And they are advocates for advancing the nutritional status of Americans and people all around the world.

March is National Nutrition Month as well. And as always, LCH has lots of activities planned to help celebrate throughout the month.

- **The Annual Unit Decorating Contest** will be judged on March 11 at 9:00 am.
- **The Annual Food**

Drive will be held March 16 through March 31. Drop-off sites will be announced.

- The presentation, **Reading Food Labels to Make Healthy Choices**, will be held on March 17 at 2:00 pm in the auditorium.
- **The Annual Walk for Health** will be held on March 24 at 2:00 pm.



Peanut Product Recall Growing

The Indiana State Department of Health urges Hoosiers to routinely check the growing list of products and brands associated with the expanded **Peanut Corporation of America's voluntary recall**, which has reached more than 1,900 items.

Health officials tell us that **salmonella is a serious disease**. Currently 600 people in the nation have become ill, with eight deaths.

Please be aware:

- You should NOT consume products on the recall list.
- The recall list can be found online at www.fda.gov.
- People without internet access can call 2-1-1 (where available) or 1-800-433-0746 for information on the recall.

- If you find recalled items on the shelves at local stores, notify the store manager immediately.
- Symptoms of salmonella include: diarrhea, nausea, vomiting, abdominal cramps, and fever.
- Anyone who has consumed a peanut-containing product and has salmonella symptoms should contact her/his health care provider immediately.



Tobacco Facts continued from page 1

As time goes by, the benefits of quitting multiply.

- **After eight hours**, the carbon monoxide level in the blood drops to normal.
- **After 24 hours**, the chances of heart attack starts to decrease.
- **Within three months**, circulation improves and lung function increases by up to 30%.
- **In one to nine months**, coughing, sinus congestion, fatigue and shortness of breath decrease.
- **After one year**, the excess risk of coronary heart disease is half that of a smokers.
- **After five years**, Stroke risk is reduced to that of a non-smoker's.

- **After ten years**, the lung cancer rate is about half of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- **After 15 years**, the risk of coronary disease is that of a non-smoker's.

The sooner you quit, the sooner you can improve your health!



**INDIANA FAMILY
AND SOCIAL
SERVICES
ADMINISTRATION /
MENTAL HEALTH
AND ADDICTION**

Larue D. Carter Memorial Hospital
2601 Cold Spring Road
Indianapolis, IN 46222-2202

Phone: 317-941-4000
Fax: 317-941-4085

- Teaching
- Research
- Treatment

The Carter Insider
Editor: Deb Doty
This Month's Contributors: Patti
Clift, Katie Johnson, Paula
McAfee, Kathy Scott, Kausar
Siddiqi, Judy Smith, Michelle
White

February 2009

Our Vision

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

Our Mission

Our mission is to provide specialized treatment, education, and research in the field of mental health.



Quote of the Month:

"One of the things I keep learning is that the secret of being happy is doing things for other people."

Dick Gregory

Smoking Cessation Programs for State Employees

Health Plans	Educational Programs/ Classes	Prescription Medications	Over the Counter Medications/ Products
Anthem High Deductible Health Plan I; Anthem High Deductible Health Plan 2; Anthem Traditional Plan II Contact: www.anthem.com	The "Butt Out! Smoking Cessation Program," a motivational and educational program is available at a 10% Anthem discount. Includes phone-based education, coping skills modules, guidebooks, etc.	Brand name medication Zyban (and generic equivalents) and Chantix are available to covered members after applicable co-pays.	Nicotine patches and gum are available through the Anthem discount program.

Training Opportunities

Tobacco Cessation Presentation by Marilyn Knight, Fairbanks Hospital

Date: Monday, March 23

Time: 1:00 p.m. to 2:00 p.m.

Place: Larue Carter Hospital Auditorium

Audience: All patients (smokers and non-smokers) and staff

Nicotine Replacement Therapy Presentation by Dr. Tim Kelly, Fairbanks Hospital

Date: Wednesday, March 25, and Thursday, March 26 (repeat)

Time: Noon to 1:30 p.m.

Place: Larue Carter Hospital Boardroom

Audience: Any interested clinical staff members